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Local Iranians rally against elections

PROTEST More than 100 Iranian-Calgarians rallied in front of Calgary city hall yesterday, outraged over what they believe were rigged elections in their home country.

The group held protest signs and chanted, asking for the Canadian government, and other governments around the world not to recognize the new Iranian government.

The protesters said government forces are causing the violent upheaval, and that protesters are bearing the brunt of the violence and damage to property at the hands of government militia.

METRO CALGARY

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Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.

On metronews.ca
• Share your SunnySide thoughts on what makes Calgary tick — people, places, events and architecture — on Twitter using #sunnyside
• See what other Metro readers are doing and saying about SunnySide Today
• Anne Hines, pg 7



Cheri Macaulay is just one of thousands of Calgarians who selflessly donate their time and energy to making this city a fantastic place to live. She is one of Calgary's countless unsung heroes.

5 unsung heroes

Finding people who every day make Calgary better

Sunny Side

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The people of Calgary are what make it great — as Mayor Dave Bronconnier so aptly put it. In fact, they are the backbone of this city's thriving community spirit and dedication to volunteerism.

Of the thousands building their respective community on any given day, too few are recognized. They are Calgary's unsung heroes. Metro Calgary, as a part of its ongoing SunnySide series, brings you a handful of these community leaders.

• **Cheri Macaulay** — This active Calgarian and

her husband have lived and raised two sons, now 17 and 20, in the same Brentwood home since she finished school in the 80s. Macaulay edits the community newsletter, the Bugle, and sits on the community board, but she also helped spearhead several mural projects, which are integral parts of the community today.

"I used to think, oh maybe someone should do this, or that, but then one day I realized, well maybe I should do that," she said. "I think that is how the community comes together, with like-minded ideas."

With the help of organizations like Volunteer Calgary and several helpful Metro readers, here are a few more heroes in our

community and the difference they make:

• **Michael Hope** — Michael has been a part of the Calgary Philharmonic Orchestra for 25 years and offers to help plan all the pre- and post-concert chats as well as any lobby and stage announcements for the CPO. Michael has also provided extensively to the Mustard Seed by playing for their radio, as well releasing two CDs where part of the proceeds go directly to the Mustard Seed.

• **Vicki Schmuland** — High school senior Vicki Schmuland set out to help fund a home through Habitat for Humanity. Vicki and three friends were able to raise \$110,000 using ingenuity, creativity and a passionate spirit. Putting her whole heart

and soul into volunteering, Vicki's time, talents and energies are also used to mentor junior high girls.

• **Janet Woolgar** — President of the Calgary Heritage Initiative; her nominator said Janet was seriously contemplating lying down in front of a bulldozer to save the historic Inglewood brewery.

• **The Fox Family** — John, Dawn, Anna, Alison, Maria and Chloe Fox volunteer together at the Father Lacombe Care Centre, each playing a vital role during the Sunday service: John porters and escorts residents, Dawn plays the organ, Anna or Alison sing in the choir, Maria reads the scripture, Chloe distributes the hymn books to residents.

Have your say in city's future

KRISTA SYLVESTER
krista.sylvester@metronews.ca

DISCUSSIONS City aldermen are expecting a multitude of Calgarians to have their say at the public discussions for Plan It Calgary next week.

Ward 11 Ald. Brian Pincott said even if Calgarians can't make it down on June 23 for the hearing, they should follow the discussions closely.

"This is incredibly important. We have an option to choose how the city grows and it's incumbent on all of us to make that decision," Pincott said, adding Plan It could shape the city's growth for the next several decades.

Pincott said the issue is divided between industry and developers who are lobbying heavily against Plan It, and those who are in favour.

"A lot of community members and citizens are telling me they are done with suburban sprawl and they want to see a change in the direction the city is heading," Pincott said.

Pincott and fellow alderman Ric McIver both expect the public hearing to spill over two days and encourage Calgarians to get engaged in the process.

"If you have to follow it on TV, newspaper, blogs, Tweets, just follow it somehow," Pincott said.



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Langevin Bridge set to open

The Langevin Bridge will be opening a week late, according to the city. The bridge was set to open June 14, but will now open June 22. The bridge has been under construction since the end of May. **METRO CALGARY**

3

Local



Rolling for spinal cord injuries

Five hundred people on 27 teams rode in wheelchairs through obstacle courses, raced each other and shot hoops yesterday at Eau Claire Market, all in support of the seventh annual Rick Hansen Wheels in Motion. The event raised \$804,711 for the Rick Hansen Foundation, which supports people with spinal cord injuries.

METRO CALGARY

Calgary in brief

FIRE A homeowner pouring gasoline into a still-hot generator in a garage in the 100 block of Rockledge Cr. NW set the structure ablaze yesterday around 3:15 p.m. No injuries were reported and an estimate on damage value was unavailable.

SUBMERGED A stolen vehicle was found submerged in an irrigation canal at Range Road 284 and Highway 560 (Glenmore Trail) around 9 a.m. yesterday, police said. A passerby on a nearby bike path noticed the vehicle and called RCMP.

ARRESTED A man wanted in connection with a CPS fraud investigation was found and charged, according to police. Duncan James Ryan, 47, wanted for fraud over \$5,000 and impersonation of a lawyer, was arrested by Niagara Regional Police. Ryan is being transported to Calgary.

ZOO The Calgary Zoo announced Friday it would be closing the popular ray exhibit in the Elephant enclosure. The announcement comes only weeks after the exhibit was reopened after 41 Cownose rays died last year.

CHARGED A second man was charged by Calgary police Friday, in connection with the New Year's Day triple homicide. Michael Joseph Roberto, 25, of Calgary faces three counts of first-degree murder.

IDENTIFIED Calgary police identified the man killed in a motorcycle collision Thursday on Deerfoot Trail. Tyler Joseph Richard Hewitt, 26, died of multiple blunt injuries, police said.

METRO CALGARY

Miracles looking possible

JOEL MESSNER
for Metro Calgary

The Alberta's Children's Hospital received a boost yesterday as more than 400 Calgarians set out to help.

The Calgary Walk for Miracles took place at Pumphouse Park to help raise money for the Children's Hospital.

"(The Children's Hospital) has been a godsend for us, that hospital saved our daughter's life," said Katie Marshall, whose daughter Willa suffered from a rare form of anemia.

Marshall, along with Willa, chose to take part in the one-kilometre portion of the walk. Participants could also take part in a five-kilometre walk.

This is the sixth year the Walk for Miracles has taken place, and this year's walk has seen a large increase in participants, according to event organizers.



Katie, left, Willa, 6, James, 3, and Brad Marshall at Pumphouse Park joined thousands of Canadians at 12 walk sites across Canada for the sixth annual Wal-Mart Walk For Miracles.

"I think this year, because we have increased support, we hope to have raised \$100,000," said Liz Ballendine, the manager of community initiatives for the Children's Hospital.

Many of the people participating in the walk are

those who had been helped by the hospital, said Ballendine.

"It's so nice to see the children get better and then to see them and their families out supporting (the hospital) like this," said Ballendine.

That's exactly the case for Katie Marshall's family.

"We've had to use the hospital for the entire life of our daughter, so it's a nice progression because now after using it so much we're able to give back," said Marshall.

Teams take small steps to find cure for juvenile diabetes

EVENT Team Sarah's Islets of Hope stood out at the Currie Barracks yesterday in yellow shirts as they came out to support the Telus Walk to Cure Diabetes and team member Sarah Quinn, 12.

Quinn, the youth ambassador for the Juvenile Diabetes Research Foundation, was diagnosed with Type 1 diabetes four years ago, just

before her eighth birthday.

"I know that every walk is one step closer to finding a cure for diabetes," she said.

Quinn said it's hard to figure out how diabetes affects your body. "It gets easier, but it's never going to be perfect until they find a cure."

The Telus Walk to Cure Diabetes is a family walk to

Goal

• Shelley Swirski for Juvenile Diabetes Research Foundation said the Telus Walk to Cure Diabetes hopes to raise approximately \$450,000.

help find a cure said Shelley Swirski, regional manager for Juvenile Diabetes Re-

search Foundation.

"It's really supporting the kids out here who have Type 1 diabetes," she said.

Swirski said that in Calgary approximately 800 kids with diabetes are followed by the Alberta Children's Hospital and that up to two new children are seen each week.

AMY GREGSON/FOR METRO CALGARY

Lower cost of festivals: McIver

KRISTA SYLVESTER
krista.sylvester@metronews.ca

POLITICS A Calgary alderman is again urging city council to look at lowering the costs associated with running street festivals to make the city more festival-friendly.

Ward 12 Ald. Ric McIver said he asked council last month to review the issue by the end of the summer, but says no progress has been made yet.

"It's already mid-June and we haven't looked at it yet," he said.

McIver said lowering the fees for festival organizers would not only help keep current festivals running, but also encourage more to spring up in the future.

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What's online today.

Video Soldiers remember the latest Canadian killed at metronews.ca/canada

Immigration Guidy

Mamann has good news for live-in caregivers and foreign workers at metronews.ca/immigration

Lotteries

Friday, Jun. 12 - Super 7: 12, 13, 15, 18, 27, 30 & 40 Bonus 43; Saturday, Jun. 13 - Lotto 6/49: 01, 15, 20, 30, 41 & 48 Bonus 10 These results are not official.

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Sylvie Ménard of Montreal says Canadian border agents forced her to strip to see if she had a tattoo on her buttocks after associating her with an accused criminal. **METRO NEWS SERVICES**

Canada



Endeavour launch postponed

The planned Saturday launch of space shuttle Endeavour, set to carry seven astronauts including Canadian Julie Payette, was postponed because of a hydrogen leak — delaying a possible flight until Wednesday at the earliest. The leak was discovered while the space shuttle was being fuelled. **REUTERS**

News in brief

ISOTOPES The federal government is putting a public face on the shortage of medical isotopes sparked by the shutdown of the aging nuclear reactor at Chalk River, Ont. Nuclear medicine specialist Dr.

Sandy McEwan was appointed yesterday as a special adviser to Health Minister Leona Aglukkaq and he will act as a public spokesperson on the technical aspects of the shortage. **TORSTAR NEWS SERVICE**

DEATH A Canadian soldier was killed in southern Afghanistan yesterday when an improvised explosive device he was trying to defuse exploded, the military told CBC News Online. Cpl. Martin Dubé, 35, was a combat

engineer from the 5 Combat Engineer Regiment based at Canadian Forces Base Valcartier, near Quebec City. An Afghan police officer was also killed in the explosion. **METRO NEWS SERVICES**

Vancouver Opening the bridge



More than 50,000 sightseers clogged Vancouver's yet-to-open Golden Ears Bridge during a chaotic celebration that saw a woman go into labour minutes before the official ribbon-cutting yesterday. The bridge opens to traffic tomorrow. **JEFF HOESON/METRO CANADA**

Decision day for Ignatieff

Party expects Liberal leader to steer clear of election

Federal Liberals expect party leader Michael Ignatieff to steer clear of an absolute commitment to bring down Prime Minister Stephen Harper's government when he gives his verdict today on the Conservatives' handling of the economic crisis.

But there is speculation that Ignatieff may threaten to defeat the Conservative minority later this week unless Harper agrees to improve the government's response to the recession, possibly by immediately moving to enrich employment insurance (EI) payments or speed up infrastructure payments.

The Liberal caucus is meeting at 10 a.m. today and Ignatieff will announce his decision publicly an hour later.

"I don't think Canadians want an election. I don't think I want an election," Ignatieff told CBC TV yesterday.

"But I have to do my job. And my job is to hold the government accountable."

Ignatieff spent the weekend studying the 234-page "report card" released

Consequences

- Forcing a summer election over the Conservatives' economic strategy during a deep recession could prompt a voter backlash against Ignatieff, Liberals acknowledge. Harper is certain to contend that an election battle would only hold up the delivery of pro-growth federal spending.

Thursday on how the government is responding to the recession.

"I've gone through it carefully and I'll let Canadians know what I think about it tomorrow," he said.

By demanding periodic report cards from Harper on the government's attempts to help Canada return to economic growth, the Liberals have landed themselves in a tough corner.

Ignatieff's party has decided the latest Tory report card as inadequate and misleading. The Liberals say the government is not moving quickly enough.

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A teenager was arrested in a string of cat killings and mutilations that horrified residents of Miami's southern suburbs, police said yesterday. Tyler Weinman, 18, was charged with 19 counts of animal cruelty, 19 counts of improperly disposing of an animal body and four counts of burglary. **REUTERS**

World



Obama finds friend in Queen Elizabeth

If Michelle Obama ever needs a place to stay in London, she could do worse than call on Queen Elizabeth. The two women met at the G20 summit in April and have kept in touch since then, royal sources said yesterday. When Michelle Obama made a private visit to the British capital last week with daughters, Malia, 10, and Sasha, 8, they were given a private three-hour tour of Buckingham Palace, including a meeting with the queen. **REUTERS**

Palestinians: 'Not enough'

RESPONSE A spokesman for Palestinian President Mahmoud Abbas dismissed a speech yesterday by Israeli Prime Minister Benjamin Netanyahu as "sabotaging" peace efforts.

A senior Palestinian negotiator called on U.S. President Barack Obama to intervene to force Israel to abide by previous interim agreements that include freezing settlement activity in the West Bank. The alternative, he said, was violence. "The peace process has been moving at the speed of a tortoise," Saeb Erekat said. "Tonight, Netanyahu has flipped it over on its back."

Abbas spokesman Nabil Abu Rdnah said: "Netanyahu's remarks have sabotaged all initiatives ... his remarks are not enough and will not lead to a solution." **REUTERS**

Netanyahu calls for conditional state

Israeli Prime Minister Benjamin Netanyahu responded yesterday to uncommon pressure from Washington by finally giving his endorsement — with conditions — to the establishment of a Palestinian state.

But in a speech answering U.S. President Barack Obama's address to the Arab world 10 days ago, the right-wing leader's defence of Jewish settlement on occupied land may fail to dispel tension with the White House, as the two men try to set new terms for the Middle East peace process in their first months in office.

Netanyahu, who has refused to back a state for Palestinians since he took office in March, said he

'Step forward'

U.S. President Barack Obama's administration yesterday welcomed Israeli Prime Minister Benjamin Netanyahu's endorsement of a separate Palestinian state, calling it an "important step forward."

would now endorse the establishment of such a state — but only if Israel received in advance international guarantees the new nation would have no army and Palestinians recognized Israel as a Jewish state.

"If we receive this guarantee regarding demilitarization and Israel's security needs, and if the Palestinians recognize Israel as the

state of the Jewish people, then we will be ready in a future peace agreement to reach a solution where a demilitarized Palestinian state exists alongside the Jewish state," Netanyahu said at Bar Ilan University.

Palestinian leaders have rarely made an issue of Israel's insistence that they should not have an army in position to threaten its neighbour, but they have rejected the demand that they explicitly accept Israel as a Jewish state.

Meanwhile, only one in five Israelis believes a nuclear-armed Iran would try to destroy Israel and most see life continuing as normal should its arch-foe get the bomb, a poll published yesterday found. **REUTERS**

Iran Post-election unrest



A riot policeman hits a motorcyclist during a protest against election results in Tehran yesterday. Iranian presidential candidate Mir Hossein Mousavi has launched a challenge to the result of Friday's vote, won by incumbent Mahmoud Ahmadinejad. **REUTERS**

News in brief

ITALY Italy's interior minister vowed yesterday to push ahead with plans for citizens patrols to fight crime, despite concern over possible fascist links of at least one group keen to participate.

NUCLEAR North Korea said Saturday it would start uranium enrichment and weaponize all its plutonium in response to fresh UN sanctions, which the U.S. said it would work vigorously to enforce. **REUTERS**

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Comment

Highs and lows of allergy season

HineSight



Anne Hines

metronews.ca/hinesight

ately, I've had that old familiar feeling again. My heart is fluttering, my pulse is racing, I feel like I'm walking on air. Only one thing can turn a mature adult into a grinning idiot

like this. You guessed it. I'm on allergy medication.

Normally, I'm not a drug user. Once, as an undergrad, someone gave me a joint and I smoked it alone while watching *The Sound Of Music* on TV. I found the movie totally hilarious until the very end when it turned terribly tragic. By the time the youngest Von Trapps were being toted over the Swiss Alps, I was weeping uncontrollably, vowing to devote my life to the well-being of all displaced, musically gifted Austrians. Then

I fell asleep.

My only other drug experience was during childbirth. I wasn't exactly poster girl for *Natural Childbirth Monthly*. I wanted the drugs. I wanted all the drugs. My children are now 22 and 19 and I still want the drugs.

Faced with seasonal allergies, I first thought I'd try drug-free therapy. A website suggested I keep a diary of anything that seems to cause an "elevated reaction." The first day my list read, "Conversation with

Sunny Side

my mother, trying to find parking downtown, PVR failing to record *House*." My partner, Liz, suggested they'd meant an elevated reaction in sneezing. Oh.

Second day, my "elevated reaction" diary read, "Everything I come near." It was time for drugs.

I cautiously sorted through the boxes at the drugstore. Most warned, "Do not take while operating heavy machinery." No

problem. I drive a Smart car. I did make a mental note not to hijack a backhoe during the day. Several medications had side-effect lists that reminded me of American television drug ads, "May cause dizziness, brain implosion, spontaneous levitation, and arm to fall off, but it will clear up that unsightly rash, no problem."

Having made my choice, my days now go:
7 a.m.: Wake up.
7:30 a.m.: Able to pry sore eyes open enough to locate allergy medication. Take

pill.
7:32-9:40 a.m.: This stuff is useless. It has no effect whatsoever. I can't believe they're allowed to sell ... wait ...

9:40 a.m. - 7:30 p.m.: La, la, la. I am so happy. I'm a big, pink bunny. Or there's one on my desk. Or both. I love Tom Harper ...

7:30 p.m.: ... huh? Achooo! Damn it. Take and repeat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Time for some incentives for transit users

InTransit



Shawn Logan

metronews.ca/intransit

You've got to hand it to Calgary Transit for optimism. Park-and-ride lots aren't half-empty since the city implemented a \$3 fee, they're half-full.

That was the explanation transit officials gave the city's transportation committee last week in an effort to explain why usage of the 33 lots across Cal-

gary has dropped to around 60 per cent of capacity.

The numbers are stark. The northwest and south lines saw park-and-ride lots packed to capacity prior to the new fee and now have dropped to 80 per cent and 60 per cent, respectively.

Along the northeast line, only 45 per cent of the stalls are filled as those who once regularly used the lots are now looking for cheaper options.

Transit spokesman Ron Collins insists customers will come back once they get used to the charge.

While there are no numbers to back it up beyond a

\$1.8-million increase in transit revenue this year, Collins said officials believe those who once parked in the lots are now taking advantage of feeder buses to get to the LRT lines.

"We want people to get out of their cars and into buses and that's what's happening," he said.

But Ald. Andre Chabot, who has been a vocal opponent of the pay-to-park plan since its inception during last November's budget, said those who haven't opted to ditch the bus in favour of their own cars are filling nearby communities and mall parking lots in an effort to dodge

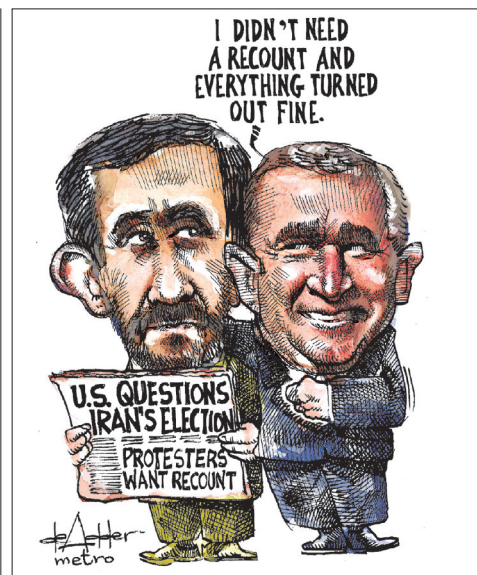
the \$3 fee.

The alderman said forcing transit to drop the fee on evenings and weekends was a small victory but it will do little to win back daily users who may have to shell out some \$700 per year to use the lots.

It seems whenever Calgary wants to encourage something, it takes something else away.

Maybe it's time to consider offering incentives instead of punishing taxpayers.

Shawn Logan is a veteran municipal affairs reporter who covered Calgary city hall for three years after working at a number of publications in southern Alberta.



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Going Green



Recycled cashmere

TeddyLux Recycled Cashmere has figured out a great use for recycled cashmere sweaters — teddy bears, says Green Trends. The Georgia-based business upcycles worn out cashmere sweaters into cashmere stuffed animals and baby toys.

METRO NEWS SERVICES

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Not easy being green

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

For some time now we have been exhorting Metro readers to reduce, reuse, recycle and in all ways live the green life. We think it's time we acknowledged that it's not always that easy. We ourselves have encountered difficulties and inconsistencies while trying to tread more lightly on the planet.

Some difficulties are

easy to foresee, such as the fact that bike lanes are not always available and motorists are not very considerate of bikes. When not biking, we drive a very fuel-efficient diesel car. This is great until you are down to fumes and can't find a service station that has diesel.

Other difficulties took us by surprise. We discovered that the only compact fluorescent light bulb small enough to fit into new light fixture casts a dim glow about

equivalent to a single candle. Aren't incandescent bulbs being phased out by 2012? Don't manufacturers figure that any light fixtures we install today we hope to still be using in 2012? Of course, compact fluorescent light bulbs are getting more "compact," so in time we may be able to put a reasonable light in that fixture. In the meantime we are using night-vision goggles.

We only recently became aware of another problem — baby clothes are not manufactured to fit over a

cloth diaper. Cloth diapers are considerably more bulky than their disposable counterparts. The sleepers and onesies she wears are too big for her except over her bottom, where they are tight. A generation ago, most babies wore cloth diapers and not the streamlined designer ones that our baby wears, so they were probably even more bulky. Were baby clothes sized differently then?

When we look into the eyes of the future generation, clad in her bulky diaper and ill-fitting clothes, we realize that whatever the inconveniences are to us, we must continue to try to preserve the planet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.



10 ways to reuse household items

Regular household items that are easy and convenient to reuse, according to Red Flag Deals.com:

1. Milk bags: Cut open one end, rinse and dry for a steady supply of sturdy plastic bags useful for storing anything that fits.

2. Scrap paper: Use for making notes or printing out draft copies.

3. Envelopes and boxes: Open packages and envelopes gently, cover existing address with a label or stamp and reuse.

4. Gift: Reuse a perfectly serviceable gift bag.

5. Plastic food containers: Many grocery items come in reusable containers, such as margarine, tofu and salad. Hand wash

only as they warp or melt in the dishwasher.

6. Paper towels: A sheet just used to dry clean hands can easily be dried and reused later for wiping plates before washing.

7. Sponges: Don't toss out a dirty sponge

— two minutes in a microwave at full power can effectively destroy 99 per cent of bacteria and other buildup.

8. Newspaper: Wad it up and use as a packing material instead of foam peanuts or styrofoam.

9. Old or chipped mugs: Use them as planters.

10. Single earrings: Use as a scatter pin or lapel pin.

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New chart aims to boost independent U.K. music

Two new pop music charts will be launched in Britain this month aimed at championing up-and-coming acts signed with independent labels. Independent labels already have their own charts in Britain, and the rules are being changed and simplified in an attempt to revamp the format, an industry trade body said yesterday. **REUTERS**

9

Business



Clinton addresses trade concerns

Canada decried Saturday a "rising tide of protectionism" in the United States, but Secretary of State Hillary Clinton said the "Buy American" provisions in an economic stimulus package will not interfere with U.S. trade obligations. Clinton, during a brief visit to Canada, said she and Canadian Minister of Foreign Affairs Lawrence Cannon discussed the issue during a meeting.

REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The future of digital media

Need for federal regulatory strategy being recognized

In recent months, there has been growing support for a national regulatory strategy for digital media. The CRTC has explicitly identified the need for this in its new-media decision, as have leaders in the technology, telecommunications, broadcast and education communities.

The need for a federal strategy stems from the realization that Canada is rapidly falling behind much of the developed world on digital issues. The gradual hollowing out of the Canadian technology sector, the absence of a strategy to digitize Canadian content, and the plummeting rankings of Canadian high-speed services point to a problem that can no longer be ignored.

A Canadian digital ac-

History

Industry watchers point to the late 1990s as the last time Canadian digital policy was driven by a cohesive plan, when Canada introduced pri-

tion plan could focus on five main issues:

1. Incentives for world-class networks

Ensuring that all Canadians have access to high-speed networks should be a top-priority. The plan could involve funding for rural broadband initiatives and tax incentives to promote investment in fast fibre-to-the-home services.

2. Establish openness

The City of Vancouver recently adopted an openness policy that establishes a preference for open stan-

dards, open-source software and open government data. The federal government should do the same.

3. Modernize the law

There is seemingly universal agreement that several Canadian laws are long overdue for digital reform, including updating privacy legislation and changing Canadian tax rules to encourage venture-capital financing and corporate investment in new technologies.

4. Remove barriers to in-

novation

A Canadian digital action plan should help promote innovation by removing several long-standing barriers. This includes lifting foreign investment restrictions in the telecommunications sector and guarding against anti-competitive behaviour.

5. Promote a Canadian Internet

Support for a Canadian Internet should extend beyond traditional funding programs. The Canadian Internet Registration Authority could use part of its forthcoming financial surplus (which could soon exceed \$1 million annually) to grant every Canadian a free domain name to encourage their participation online.

TORSTAR NEWS SERVICE

Singapore Music on the go

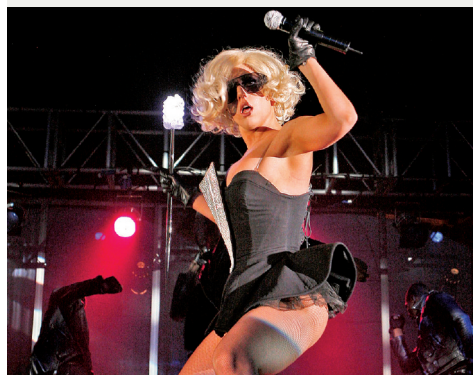


Chart-topping singer Lady Ga Ga performs during the launch of the AMPed mobile music download service by SingTel in Singapore yesterday. The service lets mobile subscribers download music files and videos.

Business in brief

INFRASTRUCTURE Despite public pledges to accelerate infrastructure spending, the federal Conservatives have spent just a

quarter of their \$15-billion infrastructure fund, new figures show.

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General manager Ken Holland says Detroit Red Wings captain Nicklas Lidstrom missed the last two games of the Western Conference final because of surgery. Lidstrom told the Detroit Free Press he had testicular surgery after he was speared by Chicago's Patrick Sharp on May 22. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

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Lewis headed to Hall

Three-time heavyweight champion Lennox Lewis, left, is among the latest class inducted into the International Boxing Hall of Fame. Lewis learned to box growing up in Kitchener, Ont., and earned Olympic gold for Canada in 1988. Lewis retired in 2003 with a record of 41-2-1, including 32 knockouts, and enters the hall in his first year of eligibility. **METRO NEWS SERVICES**

Lakers win NBA title

(Lakers win series 4-1)

Lakers 99 Magic 86



Kobe Bryant claimed his first playoff MVP en route to the fourth NBA championship of his career last night.

The 30-year-old dropped 30 points as the Los Angeles Lakers downed the host Orlando Magic 99-86 to win the best-of-seven series in five games. It marked Bryant's first title since 2002, when he captured the third of three consecutive crowns with Shaquille O'Neal.

Bryant averaged more than 30 points per game in 23 games and helped the Lakers rebound from last year's NBA Finals setback to the Boston Celtics.



Pau Gasol, Kobe Bryant and Trevor Ariza celebrate after their Lakers defeated the Orlando Magic 99-86 in Game 5 of the NBA Finals last night. Los Angeles won the series four games to one.

"We knew we had to become a better defensive team consistently, better defensively," Bryant told ABC after accepting his MVP award. "That series last year

taught us. We came back this year with a renewed focus."

The Lakers used a 30-18 edge in the second quarter to grab the lead and cruised

to victory with little drama.

The win also marked a record 10th title for Lakers head coach Phil Jackson, surpassing Red Auerbach.

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Gay goes wire-to-wire at St. Jude, qualifies for Open

GOLF Brian Gay crowned a consistent week by clinching the St. Jude Classic yesterday with a five-shot win over compatriots David Toms and Bryce Molder.

The 37-year-old Gay finished on 18-under par to claim his third PGA Tour win, and his second of the year, having led after all four rounds at the TPC

Southwind.

Gay, who won the Heritage Classic in April, has now booked himself a starting place in next week's U.S. Open. **REUTERS**

Sports in brief

BLUE JAYS Ronny Paulino went 4-for-5 with a pair of homers and three runs batted in, and Josh Johnson pitched his third career complete game as the Florida Marlins swept a three-game interleague set with an 11-3 win over the Toronto Blue Jays at Rogers Centre.

BALL HOCKEY The Canadian men's ball hockey team opened its quest for a fifth straight title with a decisive 21-1 victory over Great Britain yesterday at the world championship. The Canadians continue Group B play today against Portugal.

BASEBALL The Chicago Cubs fired hitting coach Gerald Perry after 2½ seasons yesterday in an attempt to spark a sputtering offence that ranks among the National League's worst.

RACING Marc Gene of Spain and Peugeot won the 24 Hours of Le Mans yesterday, ending Audi's five-year domination. The diesel-powered Peugeot No. 9 was one of the few cars to have a trouble-free run in the world's most famous endurance race.

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Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Laval offers up free bikes

Université Laval has partnered with Véloville, a local organization, to provide its community with free bicycles. For three years, uLaval ran a free-bike pilot program for students living in residence, and now the program is being extended to all students and staff in order to promote a healthy lifestyle. Participants have access to 40 bikes, and can use them up to 6 hours at a time.

METRO NEWS SERVICES

A meticulously challenging career

OddJobs

Diane Peters



Metronews.ca/oddjobs

The first thing you probably do when you pick up a non-fiction book is flip to the back and scan the index.

However, it's the very last thing that goes into writing a book.

Sometimes just a few days before it goes to press, a book's editor will call someone like Clive Pyne to compose the index.

This difficult and sometimes tedious job cannot be done by computers. It's

been tried, and it's failed. Instead, Pyne will put in as many as seven days of working 10 hours a day to create an index for a complicated textbook.

Pyne starts by reading the book, marking up every fact he finds as he goes. "I'm doing a lot in my head at this point, I'm getting a sense of the pattern."

On the second read, he boots up his computer and, using special software, starts keying in subheads and page numbers. The program organizes these subheads into virtual file cards.

About a quarter of Pyne's time on a book is spent editing: Reorganizing his subheads to make better sense and also trimming to fit the numbers of pages allotted for the index.

Organizing information

The Lowdown

Job title: Indexer

Salary: About \$40,000 a year, more if you index complex things like medical textbooks.

Education/training: There's at least one university program that teaches indexing in the U.S., but most indexers are self-taught.

Best Part of the Job: "I'm constantly changing gears. It's not boring and it's very challenging."

Worst Part of the Job: "The stress, the long hours, and the low pay."

in books is always a challenge. Extra tough: Listing names from cultures where people write their surnames first, or dealing with double postings and nutritional information in a

cookbook.

"It's an art and it's a science," says Pyne. It takes years to hone one's indexing skills and get fast at the job.

Pyne's been indexing for the last four years. He's done a variety of jobs, including working in human resources, where he did job classifications and pay equity calculations.

After moving from Toronto to Ottawa a few years ago, Pyne had trouble finding work in the bilingual city. He realized he had a talent for identifying patterns, and starting looking for a new career to match his skill.

He met an indexer who lived in nearby Perth and decided to try it. He bought 16 different nonfiction books and composed his

own indexes for each. His colleague critiqued his work. Feeling ready, Pyne started marketing himself.

One of the first books he ever worked on, for the Canadian Museum of Civilization, won numerous awards.

Now, as an established indexer, Pyne works long days

and most weekends. The work is exhausting, but Pyne takes numerous breaks through the day and often heads out for the gym or a quick walk to energize himself.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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The Dark Knight took home eight Key Art Awards, including best theatrical poster and best TV spot, in the annual competition to honour the best in movie promotion. METRO NEWS SERVICES

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Boss of Bonnaroo

Springsteen brings energy to music festival

BRIAN COULTON
for Metro Canada

"We didn't just come here to rock the house. We came here to build a house!" wailed Bruce Springsteen during his headlining set with the E Street Band Saturday at the Bonnaroo Music and Arts Festival.

If his live show were anything like building a home, Springsteen's would be sturdy. Sweat flew from The Boss' arms as he played a three-hour show in which he performed songs from his near 40-year canon, emphasizing hard times, while barely stopping for breath in between.

Springsteen headlined the eighth installment of Bonnaroo, which takes

place on a farm in Manchester, Tenn. More than 75,000 people from around the world were in attendance for the four-day festival, which wrapped up last night.

Friday began with Brooklyn, N.Y. experimental indie rockers The Dirty Projectors delivering a solid collection, featuring interlocking vocal rhythms and harmonies. Later, they were joined by David Byrne, former frontman of Talking Heads, who both assembled the stage's lineup and offered his chops to the band.

The vocals for Baltimore electronic duo Animal Collective, on the other hand, failed to impress. Timing worked against the group, which seemed to be disjointed overall, producing otherwise very danceable

ConcertReview

music@metronews.ca

music to a relatively static crowd. That quickly changed when New York alt-rockers Yeah Yeah Yeahs took the stage to a massive eyeball backdrop surrounded by a sparkling blue spiral. Lead singer Karen O's honey-like tableau transitions provided eye candy for the band's alternating hard dance punk and synth-spiked rock.

Contemporary bands were as common as veterans at the weekend festival. Soul master Al Green played the main stage, throwing roses to the crowd; Elvis Costello departed from his new wave sound with a country and bluegrass-tinged solo set; and festi-



Yeah Yeah Yeahs frontwoman Karen O performs at the Bonnaroo Music and Arts Festival in Manchester, Tenn.

val favourite Phish played two sets, with typically extended jam sessions.

Chicago alt-country outfit Wilco, headed by singer/guitarist Jeff Tweedy, took the main stage to prime the crowd for Springsteen. Tweedy joked he'd interpret any audience boos as "Bruuu-



Splitting up

Usher has filed for divorce from wife Tameka Foster Raymond. The R&B star filed the petition Friday in Atlanta. The couple, who got married in August 2007, has two sons together. PEOPLE.COM

Father drops bid to stop adoption

LEGAL The father of a Malawian girl being adopted by Madonna says he has dropped his fight to get the child back and has urged the U.S. pop star to take good care of her.



Madonna

Malawi's Supreme Court on Friday approved Madonna's application to adopt a second child from the country, overturning a lower court ruling.

James Kambewa, the father of four-year-old Mercy James, originally said he opposed the adoption.

However, he told Reuters on Saturday he had decided not to fight the case, asking only that Mercy be brought up knowing he was her biological father. "Let the child go ... My only plea to Madonna is that she should seriously look after the child," he said in an interview. "I am asking Madonna to make sure that, while the child is growing, she must be informed of me as her biological father ... she really must know that while she is far away the father is still alive." REUTERS

critics'corner

How I Met Your Mother

Much to the dismay of her current friends, Robin rediscovers the "Woo Girls," a group of single women who like to party. Ted pitches Barney a design for his company's headquarters but fails to take into account Barney's insatiable appetite for the awesome. Jamie-Lynn Sigler guest stars in "Woooo!" 9:30 PM on KREM CHTV



Corner Gas

In "World's Biggest Thing," Dog River residents realize giant-sized objects attract tourists. And it's the mayor's granny who comes up with the perfect idea — but the name of the landmark has a double entendre. Oscar's marriage is threatened by a romantic stalker. 12:30 PM on COM

Two and a Half Men

Kids bring so much joy into your world. They also bring bills. Big bills. Ever heard of college? So when Evelyn (Holland Taylor) offers to pay for Jake's (Angus T. Jones) college education, Alan (Jon Cryer) wonders if he ever needs to work again, since all his money goes to Jake's college fund. Just think about it — disposable income! What would that be like? 9:30 PM on CFCN; 10 PM on KREM

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/09	267 351 - ACCESS	Alberta Primetime (Live)	Gossip Girl (HDTV)	The Wedding Planner ** (2001, Romance-Comedy)	Primetime					
	243 317 3 CFCN	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Two/Half Men	Law & Order: Criminal Intent	The Simpsons	King	Metropolis
	- 4 OMNI	Two/Half Men	The Simpsons	News	News	News	News	News	News	News
	- 371 5 KXL	4 News at 6	4 News at 6:30	Jeopardy! (N)	Entertainment	The Insider (N)	The Bachelorette (N)	CBC News: The National	The Hour	Newlyweds
	245 306 6 CBRT	Coronation St.	Jeopardy! (N)	René Lévesque II (2009, Biography)	DVS					
	244 338 7 CICT	ET Canada	Entertainment	Cold Blood (N)	House (HDTV PA)			Lie to Me "Pilot" (HDTV)	News Hour	Your City
	246 - 8 CKAL	Law & Order: SVU		Here Come the Newlyweds (N)	The Bachelorette (N)					
	119 705 9 CBFT	Des filettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)			Le Téléjournal et Les Nou		TJ Alberta
	- 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News (N)	Hollywood	The Doctors	Big Bang Th	How I Met	Two/Half Men	Big Bang Th	CSI: Miami	
news	- 372 14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo! Steve Europe	Antiques Roadshow			American Experience (HDTV)	Crossroads	
	502 390 15 CBC	CBC News: The National		Miracle	CBC News: The National			CBC News: The National	Miracle	
	- 370 16 KHO	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune			Law & Order: Criminal Intent	Dateline NBC	
	- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men			Lie to Me "Pilot" (HDTV)	News (N)	
	297 652 37 WPX	One Tree Hill (HDTV)		PIX News at Ten Tong		Two/Half Men	Friends	Sex and City	According-Jim	Frasier
	500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508 502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
	400 400 21 TSN	(6) World Poker Tour		SportsCentre (HDTV) (Live)		Off the Record		NASCAR Racing		E:60
	408 418 27 net	UFC: Access	Week-Baseball	MLB Baseball Los Angeles Angels of Anaheim at San Francisco Giants, (Live)						Sportsnet Con.
	410 403 30SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
sports	411 457 44 OLN	Survivorman		Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter
	417 406 48 SPEED	SuperCars		Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR (HDTV)		SuperCars
	552 543 20 YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Malcolm-M	Futurama	League-Evil	Zixx Level	Falcon Beach
	557 541 39 FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555 545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
	575 583 11 CMT	Reba		CMT's Greatest				Home Improve.	Home Improve.	Reba
	553 546 17 TREE	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	- 18 CHTV	The Insider (N)	El News	The Best Years	(DVS)	Rocker Moms	How I Met	The Soup (N)	Engagement	News (N)
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	Style by Jory	Style by Jory	How Clean	Friends	How Clean	Kim	Love It or List It		The Agents (N)
family	521 560 24 TLC	Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	American Chopper (HDTV)			Jon & Kate	Cake Boss
	603 561 25 FOOD	Food Detective	Get on Plate	100 Mile Challenge		Restaurant Makeover		Unwrapped	Unwrapped	Food Jammers
	615 520 26 A&E	Intervention "Donald" (N)		Obsessed "Russ; Karen"		Crime 360 (HDTV)		Intervention "Kristen"		Intervention
	617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Cashing In	Kink in Hair	The House Next Door (2006, Suspense)		Trading Sp
	601 523 33 SLICE	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives NYC		Manhtn Murder
	- 633 34 EN2	Seems-Old	Keep It in the Family (1973, Romance-Comedy)	Bravonews	Ensemble	Husbands and Wives *** (1992, Drama)	Woody Allen.	MythBusters		Handyman
	520 505 35 DISC	Dirty Jobs Leeches.		Canada's Worst Handyman (N)		Daily Planet		Without a Trace		Midsummer
	620 523 36BRAVO	Ennio Morricone Concert		The Fighting Temptations ** (2003, Comedy)	Cuba Gooding Jr.	Family Guy	Family Guy	Seinfeld		Fighting Tempt
	294 650 40 WPCB	The Fighting Temptations ** (2003, Comedy)		Comedy Now	Air Force	Just for Laughs		Comedy Now		Comedian Live
	626 547 41 COM	Laughs		On the Waterfront *** (1954, Drama), Karl Malden		East of Eden **** (1955, Drama) James Dean.				
cable variety	628 584 43 SPIKE	UFC Unleashed		4th and Long "Halfway There"		Pros vs. Joes: All Stars		4th and Long "Halfway There"		Pros vs. Joes
	522 516 45 HIST	Tank Overhaul		NCIS "Honor Code"		Tank Overhaul		For King and Country		NCIS
	627 528 46 SPACE	Descant ** (2007, Drama) Rosario Dawson.				Stargate SG-1 "Grace"		Star Trek: Next Generation		Trek: Voyager
	- 47 AMC	(6) The Three Kings *** (1999, War)		The Four Feathers *** (2002, Adventure) Heath Ledger, Wes Bentley, Kate Hudson.						
	619 525 49 TROP	North of 60		Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Smarter
	600 564 50 HGTV	Property Virgin	My First Place	House Hunters	House Hunters	Holmes on Homes		Property Virgin	Income Prop.	My First Place
	501 391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526 507 92 VIVA	The Closer		The Mix	The Mix	Mediums	In Dreams	Judging Amy		Most Haunted
	269 350 93 APTN	MYTV	The Mix	Mywayaway	Metcom	Nedaa: Your Eye on the Yukon		Saangnan	Sharing Circle	Cowboy C'try
cable variety	- 94 MCP	(6:30) News	News	Eight Heroes	Kingdom-Wind	Can't Live Without Her		Marigan		Pino-Entertain
	571 580 100 MM	I'm a Celebrity, Get Me Out.		Entourage	(8:33) I'm a Celebrity... Get Me Out of Here!			Gene Simmons		Entourage
	570 580 101 MM	Shot at Love-Tila Tequila		MuchNews	Video on Trial	One Tree Hill		Shot at Love-Tila Tequila		MuchNews
	581 566 102 MTV	Hills Wedding	Living on Edge	Living on Edge	Sweet 16	MTV Live	After	True Life		Living on Edge

In brief

WEEKEND BOX OFFICE

1. The Hangover, \$33.4 million US
2. Up, \$30.5 million
3. The Taking of Pelham 1 2 3, \$25 million
4. Night at the Museum, \$9.6 million
5. Land of the Lost, \$9.2 million
6. Imagine That, \$5.7 million
7. Star Trek, \$5.6 million
8. Terminator Salvation, \$4.7 million
9. Angels & Demons, \$4.9 million
10. Drag Me to Hell, \$3.9 million

REUTERS

Kenya'sStyle

Kenya Hunt

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DON'T WORRY, BE HAPPY



Feeling happy is something we have direct control over

Ever wonder why some people always seem to be happy-go-lucky while others don't? Though hard to define, happiness — that feeling of contentment, satisfaction, pleasure or joy — is, in fact, something we have direct control over. So can we actually increase our happiness? The answer seems to be "yes."

And it mainly has to do with one's general outlook on life; in other words, how optimistic or pessimistic you are. While there are many situations that are out of our control, optimists always look on the bright side of things and tend to believe that most situations, no matter how difficult they may initially be, work out for the better in the end.

One given in life is that everyone will inevitably face challenges. But instead of letting those experiences undermine everything you do, look at them as temporary setbacks that can be overcome.

Your mental outlook on life can affect your physical health more than you realize. In fact, studies have correlated

optimistic people with having better immune systems and to psychological wellbeing.

You've heard that line, "Is your glass half-empty or half-full?" Well, your experiences in life really do come down to your perspective. The first step to being a more optimistic person is to make a conscious effort to make the most of what life offers. Secondly, realize that the past doesn't equal the future. Third, accept pain, failure and disappointment as part of life — not the entirety of it. Finally, be grateful for the good things that occur and acknowledge them.

Researchers have found that, aside from having an optimistic personality, happy people also tend to have high self-esteem, an outgoing personality, close friendships or a satisfying marriage, work and leisure that engages their skills and meaningful religious faith.

Since most people derive great pleasure from participating in mentally

engaging activities, it's no wonder people who volunteer derive a great sense of satisfaction from it. Getting out and helping others is, it seems, a win-win situation.



Economy taking a turn for the better

It seems that the light at the end of what has felt like a never-ending tunnel of global economic doom and gloom is getting brighter. After months and months, the economy looks to be taking a turn for the better.

Not only is the loonie rising, narrowing the gap between the U.S. and Canadian currencies, but the housing market, especially in Toronto and Vancouver, is in positive territory. In fact, Toronto house sales for the first two weeks in May were up three per cent from the same period last year.

Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market. While nobody can be absolutely certain, many leading economists predict that the recession will end in the second half of 2009, which is just around the corner and one big reason to smile.



'Packbacks' and a dream

He's been called an everyday hero and an inspiration. But no matter how he's described, Stephen McPhee — an autistic eight-year-old from Airdrie, Alta. — is proof that anyone can improve the lives of others by following their heart.

Two years ago, Stephen, who was six at the time, was saddened to learn there were kids living on the streets. He resolved to help them. That Christmas, he amassed 15 backpacks, or "packbacks" as he called them, filled them with toys, books and mittens and donated them to a local charity.

The following year, Stephen rallied his local community to pitch in, and they

did, packing nearly 300 backpacks with books, clothing, toys and hygiene products. Last Christmas, the number of backpacks donated ballooned to an astonishing 1,000.

Last year, Stephen, whose initiative is called Stephen's Backpack Society, was named a 2008 Great Kids Award Winner by the Government of Alberta in recognition of his generosity, compassion, courage and strong spirit. "Stephen brings a ray of hope to those experiencing difficulties in life," says his mother, Nancy. "He shows how a child can do anything."



Have some budget-friendly fun this summer

With summer just around the corner, family vacation plans are on many people's minds. This year, why not hit the open road with the whole brood. Not only is a road trip a budget-conscious way to take a

family holiday, but it's a terrific opportunity to really see Canada up close.

Before your trip, hold a family-planning session to get everybody excited about the upcoming

adventure. Pour over guides together and talk about the various places on your mapped-out route that would appeal to the whole clan.

Once departure day arrives, designate the front passenger seat the "navigator's chair," and during the course of the trip let everyone have a seat in it — even if it's just for a few

minutes — so everyone feels included.

Road trips provide the perfect opportunity to talk about family history, so think of creative ways to share family lore. There will be the inevitable "are we there yet?" questions, but in the end, your entire family will have memories to last a lifetime.



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EVERY DAY COULD USE
a





Reportedly set to marry Spanish model Andres Valencoso, Kylie Minogue may convert to Catholicism for the ceremony. A source said: "Kylie is so intent on including the traditional aspects of a Catholic mass that she's thinking of converting." **FEMALEFIRST.CO.UK**

Kylie the Catholic?

Celebrity Buzz

Coming out was 'liberating': Adam

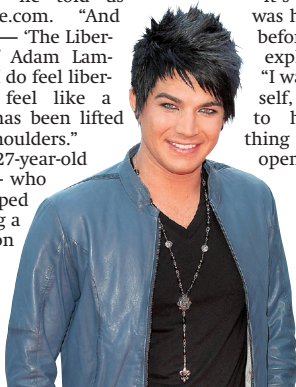
IDENTITY American Idol runner-up Adam Lambert doesn't have any regrets about coming out in the new issue of Rolling Stone, usmagazine.com reports. "I'm really happy with it. The cover looks great. It was great working with (photographer) Matthew Rolston," he told usmagazine.com. "And the title — 'The Liberation of Adam Lambert' — I do feel liberated. I feel like a weight has been lifted off my shoulders."

The 27-year-old singer — who has copped to having a crush on Idol champ Kris Allen — told Rolling

Stone that he had been living as a gay man in L.A. for the past eight years. He never declared his sexual orientation on Idol because he felt it would have been "so sensationalized that it would overshadow what I was there to do, which was sing."

"It's not like I was holding back before," Lambert explained to Us. "I was being myself, but it's nice to have everything out in the open."

METRO NEWS SERVICES



GETTY IMAGES

Miley rebounds with ex Nick?

TOGETHER AGAIN? Less than a week after Miley Cyrus split from model Justin Gaston, the star admits that she has "reconnected" with ex-boyfriend, Nick Jonas, people.com reports.

"He's my best friend, and we still hang out all the time, and we've definitely reconnected," the Hannah Montana star told a Tennessee radio station on Friday. "We don't know what's going to happen in the future, but right now we're just kicking it and hanging out as much as we can."

The pair, both 16, was spotted on June 9, jet-skiing together on Tybee Island, where Cyrus is filming her new movie The Last Song. "They looked like they were having a blast," says an observer.

When asked about the excursion during her interview, Cyrus said "no comment" but mentioned, "I'm a

jet ski demon!"

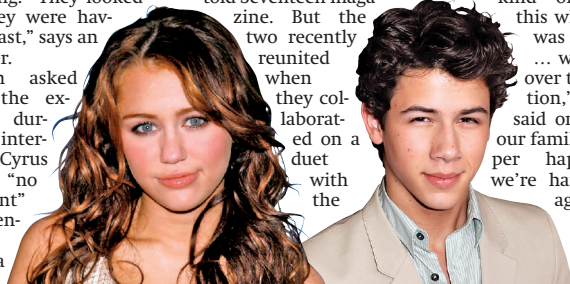
Cyrus and Jonas broke up in December 2007, after which "I bawled for a month straight," Cyrus told Seventeen maga-

zine. But the two recently reunited when they collaborated on a duet with the

Jonas Brothers and worked on the Disney's Friends for Change campaign.

"We both just kind of saw each other again and kind of decided this whole thing was stupid and ... we all were over the separation," Cyrus said on-air. "And our families are super happy that we're hanging out again."

METRO NEWS SERVICES



Jennifer hopes life imitates art

TOO HONEST Jennifer Aniston has a plan for achieving a future without love life complications — and it's all in her choice of movie titles, people.com reports.

On stage to accept the Women In Film's Crystal Award for expanding the role of women in the entertainment industry, Aniston pointed out that her personal for-

tunes have been reflected in the titles of her films.

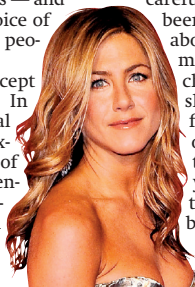
"I'm trying to be more careful than I have been in the past about the titles of movies that I choose to be in," she revealed. "It's funny — I kind of noticed something a couple years ago that there seemed to be this strange parallel to the movies I was

doing and my life off screen."

"It started with, well, The Good Girl," Aniston explained. "Then that evolved into Rumor Has It, followed by Derailed, and then there was The Breakup. And then on the lighter side was Friends with Money, which I felt was a bit on the nose."

"So if any of you have a project titled Everlasting Love with an Adult, Stable Male....," she concluded.

METRO NEWS SERVICES



Susan will sing ... for \$212,360

CASH GRAB Britain's Got Talent phenom Susan Boyle is set to cash in on her fame by reportedly charging a whopping £115,000 (\$212,360) to play 12-minute sets at corporate events around the world, popeater.com reports.

An email from the singer's agent, sent to a possible client, dropped the large figure, which would get the client three songs.

"She's the biggest star to have come out of Britain's Got Talent, so her price to sing reflects that," a source close to the singer told the News of the World. "These fees mean it will take 10 dates for her to make a million pounds, which is unprecedented for a reality-show winner."

METRO NEWS SERVICES



Why the fat obsession, Nia asks

RANT Nia Vardalos says it doesn't matter that she's written and starred in a few blockbusters — all people ask her about is her slimmed-down shape, usmagazine.com reports.

"It's just weight. Just 40 pounds of fat now gone from my body, but wow, it's pretty much all I get asked about. In the last year, I got to star in a movie, wrote and directed my next one, and adopted a three-year-old from American Foster Care. But

guess what I'm asked... how did I lose the weight?" the My Life in Ruins actress, 46, wrote on CNN's AC360 Blog.

"I thought I was attractive when I shot My Big Fat Greek Wedding. Studio executives and movie reviewers let me know I had a confidence in

my looks that was not shared by them," she says. "In other words, they labelled me with words like: Overweight, unattractive, unappealing."

"Hey, just say fat. I love the word fat. I used it in the title," she goes on. "It's actually not a naughty word. We give it a power it actually doesn't have. So, you're fat. Big deal."

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Tuesday
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Wednesday
Showers late
20°C / 11°C

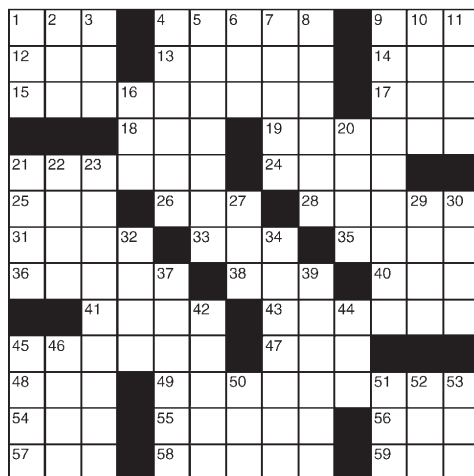


Andrew Schultz, Weather Specialist — Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- 1 "Slippery" tree
4 Regions
9 Pismire
12 Vast expanse
13 Ballroom favourite
14 Actress Myrna
15 Letter from the Vatican
17 Cleopatra's slayer
18 Floral garland
19 Undeveloped stage
21 Reacted in horror
24 Leeway
25 "Uh-huh"
26 Thickness
28 Dynamite inventor
Alfred
31 Disposition
33 Formal 25-Across

- 35 "I never — man I didn't like"
36 Porcine sniffer
38 Pen point
40 Varnish ingredient
41 Small salamander
43 In a whimsical way
45 IOU signer
47 Listener
48 Swiss canton
49 Sandbox toy, maybe
54 Zero
55 Mohammedanism
56 Pod denizen
57 Kenan's co-star on Nickelodeon
58 Autocrats
59 Upper surface

Crossword down

- 1 Kreskin's claim
2 Meadow
3 Orienteering aid
4 Dormant
5 With great intensity
6 Ostrich's cousin
7 More skilled
8 Canned fish
9 Warning signal
10 Too curious
11 Error in print
16 Matterhorn, for one
20 Prosperous time
21 Workout venues
22 Charlize Theron film, "— Flux"

- 23 Ibis' kin
27 Hankering
29 Handy Latin abbr.
30 Frilly
32 Song for two
34 Motorcycle attachment
37 Cheap
39 Lullaby composer
42 Lock of hair
44 Sphere
45 Basketball tactic
46 A Great Lake
50 Chicken — king
51 Suitable
52 Zodiac sign
53 Once around the track

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	7	9	3	5	2	4	6	1
2	3	5	4	6	1	9	8	7
1	4	6	8	7	9	3	2	5
4	6	3	1	2	5	8	7	9
5	9	2	7	3	8	1	4	6
7	1	8	9	4	6	2	5	3
3	5	7	2	1	4	6	9	8
6	8	4	5	9	3	7	1	2
9	2	1	6	8	7	5	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Chicken with Mixed Salad Greens

INGREDIENTS:

- 2 skinless chicken breast fillets
1 large clove garlic, crushed
1 head oak leaf lettuce
1 small head curly endive (frisée) lettuce
1 head radicchio
2 tbsp (25 ml) butter
salt and freshly ground black pepper
1 small lemon
3 scallions, finely sliced
8 oz (250 g) button mushrooms, thinly sliced

DRESSING:

- 1/2 cup (125 g/4 oz) light sour cream
1/2 cup (125 g/4 oz) yogurt
1 tbsp (15 ml) canola oil
1 tbsp (15 ml) white wine vinegar
1 tsp (5 ml) Dijon mustard
salt and freshly ground black pepper

METHOD:

1. Cut chicken into strips. Place chicken and garlic in bowl. Stir to combine. Chill, covered, 1 hour. Cut

or tear oak leaf lettuce, curly endive and radicchio into small pieces. Place in a large bowl.

2. Heat butter in nonstick pan over medium heat. Cook chicken until golden brown and cooked through, about 5 minutes. Add salt and pepper to taste.

3. For dressing, whisk sour cream, yogurt, oil, vinegar and mustard in bowl until combined. Add salt and pepper to taste. Stir dressing into salad greens. Distribute salad greens among serving plates.

4. Peel thin strips of rind from lemon. Place chicken, scallions, mushrooms and lemon rind on top of salad greens.

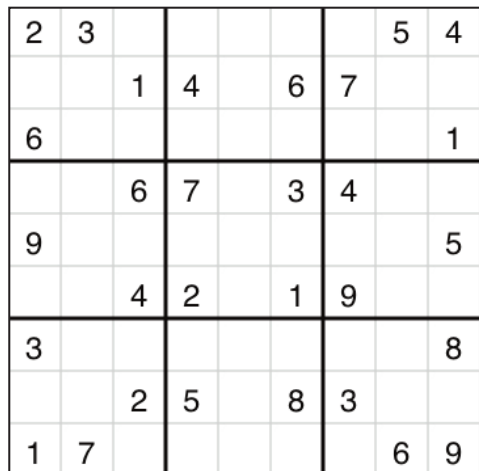
SERVES 4



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes by Sally Brompton

sallybrompton.com

ARIES MARCH 21-APRIL 20



There is a lot of tension in your life now and you need to find a constructive way to let it out. Get together with like-minded friends and let off steam.

LIBRA SEPT 23-OCT 23



Jupiter in your fellow air sign of Aquarius endows you with limitless self-confidence, but you would be wise not to get carried away.

TAURUS APRIL 21-MAY 21



A high-ranking individual will give you a hard time today. They may not be entirely fair in their criticisms but you are advised not to respond in kind.

SCORPIO OCT 24-NOV 22



You may be tempted to criticize someone, but the planets advise strongly that you bite your tongue and keep your thoughts to yourself.

GEMINI MAY 22-JUNE 21



Jupiter in one of the more decisive areas of your chart endows you with lots of enthusiasm but be sensible about what you can do. Don't strive too hard.

SAGITTARIUS NOV 23-DEC 21



What was such a big mystery to you yesterday will seem perfectly obvious today. How you got so confused is anyone's guess, but don't dwell on it.

CANCER JUNE 22-JULY 22



There is no point trying to keep disturbing information from loved ones and relatives today. One way or another they will find out soon enough.

CAPRICORN DEC 22-JAN 20



It's OK to be outspoken but don't go too far and say things that turn important people against you — even if what you say is entirely true.

LEO JULY 23-AUG 23



You will need to be a lot more flexible where relationships are concerned this week. What you get will depend on what you are prepared to give.

AQUARIUS JAN 21-FEB 18



Your lucky streak is not coming to an end, but you do need to be more selective when choosing friends and business partners.

VIRGO AUG 24-SEPT 22



If you learn from mistakes, this week should be fun and profitable. While others refuse to change their ways you will be quietly moving with the times.

PISCES FEB 19-MARCH 20



You're not in control of a particular situation but you're determined not to let others know. Why? No one expects you to be on top of everything.



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